

FAHASS

Fredericksburg Area HIV/AIDS Support Services Quarterly Newsletter

In this issue:

- Executive Director's Note
- Prevention Spotlight
- CAB Information
- Care Services
- Upcoming Events

From the Executive Director

Spring is here! As new flowers bloom, so do fresh, new, innovative ideas from FAHASS. I am pleased to announce: FAHASS 1st Annual 5K Chocolate Run! This 5K race will take place, Sunday, September 29th starting at our Elm Street location. Proceeds from this race will fund our many programs and events offered at FAHASS that are not covered by grant funding. It's sure to be a lot of fun so come out and support this event if you are able. For more information and to register, please check out our website: www.fahass.org

— Joseph Lyttle

Prevention Department Spotlight



Prevention is doing some new and exciting things in the community. For starters, we are currently having the Battle of the Test. We chose 4 neighborhoods; Heritage Park, Mayfield, Bragg Hill, and Forest Village to be the first areas in this challenge. The challenge is whichever neighborhood gets the most people tested, we will have a block party for that neighborhood. The idea is to get people involved with knowing their status. In addition to that, it helps with bringing neighbors together for a particular cause but to also have some fun in celebrating as a community. So, if you or someone you know lives in either of these neighborhoods, all they have to do is get tested when we are in their respective neighborhood or come to one of our offices to get tested and let us know which neighborhood they are representing. We will be announcing the winner on July 10th. SPREAD THE WORD!

We are excited to announce that we will be having our 2nd Annual Games We Play Ball II: Level Up Edition. This year's ball will be held on August 24th at the Fabrick Event Center located at 17650 Possum Point Road, Ste. F&G, Dumfries, VA 22026. The Ball will be from 8pm-1am. Advance tickets will be on sale soon for \$20.00. Please be sure to follow us on Facebook or check out our website for future announcements. You don't want to miss this one!

We are still looking for young men that are willing to help shape a healthy community for themselves, build positive social connections, and support their friends to have safer sex by being a member of our Mpowement core group. If you are a go-getter and enjoy planning fun-filled events, please contact Lorenzo Sherman or Charlton Brown. A good time is sure to be had by all through game night, karaoke night, chat & chew, just to name a few of the events that have been planned.

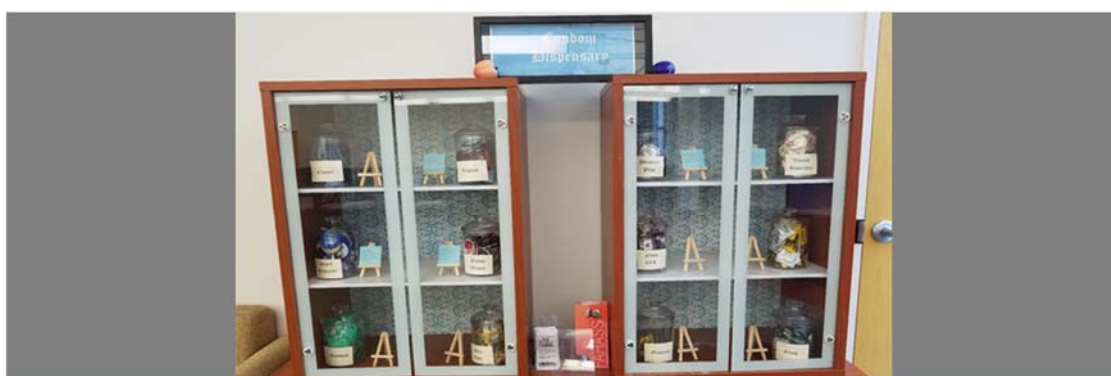
And last but certainly not least, we have a "Condom Dispensary". In it you will find a variety of condoms. We also have lube, female condoms, and oral dams. If you find yourself in need, please stop by and help yourself!!

"If you can dream it, you can do it."

— Walt Disney

Staff Updates

FAHASS's Prevention Department is pleased to announce that we have a new team member. Mr. Charlton Brown has joined us as our new Outreach and Education Coordinator. Charlton will be assisting with client educational events, community educational events, testing, and conducting outreach. He brings a lot of compassion, dedication, and a desire to make a difference in the communities that we serve as well as awareness to the youth. So help me in welcoming Charlton to FAHASS.



FAHASS Staff Photo of our Condom Dispensary

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Upcoming Events

June

Our first Annual Client Cookout is on June 22nd at a local pavilion. We will be recognizing client accomplishments, enjoying food and games, while celebrating HIV Long Term Survivors Day.

July

FRLHC (Fredericksburg Region Latinx Health Coalition) will be hosting its third Community Leader and Community Members collaborative meeting. English as a Second Language with Medical Emphasis course will start its second round in July 2019. We will be hosting our 2nd Annual Ice Social on the 26th. Our Back-to-School-rive kicks off on the 29th.

August

Client Movie Night will be on the 23rd.

Care Services News

Care Services is working to build stronger ties within our surrounding community. We have been actively doing outreach with local agencies as well as arrange and attending events to reach perspective clients.

Additionally, we have been building our relationship with the LatinX community. One of the ways that we have been working with the LatinX community is with our English as a Second Language with Medical Emphasis course. We just completed the first series. We are excited about the upcoming second series.



Our nutrition program is a highlight of April. We just re-launched the program with the Dr. Yum Project. Clients and staff are excited about the program and the lessons that will be learned.



We have several support groups that are flourishing. Our WOVEN women are growing and moving towards outreach within their own communities. FAM, another program that we have, is also making great strides to support one another and the great Fredericksburg community.

*"Try to be a
rainbow in
someone else's
cloud."*

– Maya Angelou

CAB Updates

For the Month of May the CAB put on a Client Dinner that gave clients information on how to eat healthy, while keeping the flavor in the food. The program was a link to our Psychosocial Nutrition Program that we currently provide to our clients. However, with our Psychosocial Program we take it a step further by considering the client's dietary restriction. The CAB will be hosting another Client Dinner in June, which will focus on living with HIV and how to overcome certain obstacles. Additionally, in June we will be hosting a Client Cookout, honoring Long-term Survivors. We are excited about upcoming events and growing our CAB membership.

*Look for more exciting updates in our
upcoming issues!!*